

Arizona Recipes

Elote

Ingredients:

4 ears corn or 2 cups frozen or canned corn kernels
½ cup mayonnaise
1 tablespoon Mexican style hot sauce
1 tablespoon fresh lime juice
½ teaspoon salt
½ teaspoon pepper
½ teaspoon sugar
1 tablespoon chicken stock
2 tablespoons grated parmesan cheese
1 tablespoon chopped fresh coriander (optional, for garnish)
Ground chili, to taste
Crispy corn tortillas for dipping



Directions:

Boil ears of corn for about 5 minutes or until tender. Holding the ear of corn vertically over a bowl or cutting board, run a knife down the sides, cutting off the kernels. Set aside.

In a medium saucepan, heat mayonnaise, hot sauce, lime juice, salt, sugar, pepper, and stock on medium heat. When mixture starts to boil, add corn and heat through. Transfer to serving bowl and sprinkle with chili powder. Add coriander and parmesan. Serve with crispy tortilla chips.

Navajo Tacos

Ingredients:

Fry Bread:

- 1 ¼ cup flour
- 1 ½ teaspoon baking powder
- ½ teaspoon salt
- ½ cup milk
- 1 cup vegetable oil for frying



Chili:

- 1 pound ground beef
- 1 can (15 ounces) kidney beans, rinsed
- 1 packet (1.5-ounce) low salt taco seasoning mix
- ¾ cup water
- 4 tablespoons tomato paste

Toppings:

Cheddar cheese, shredded lettuce, chopped Avocado, onions, diced tomatoes

Directions:

Mix flour, baking powder, and salt in a mixing bowl. Add milk. Mix to form dough. Knead on lightly floured surface for 5 minutes or until smooth ball forms. Let dough rest.

Brown beef in skillet. Drain. Add taco seasoning and water to skillet and stir into the beef. Cover and simmer on low heat about 10 minutes. Add drained kidney beans and tomato paste. Stir well. Keep covered on low heat, stirring occasionally. Cut ball of dough in half. With hands or rolling pin, flatten the dough. It should look like pizza dough and be about ½" thick.

In separate skillet, heat vegetable oil. Gently place flattened dough one at a time into the hot oil. Cook dough for about 1 minute or until it begins to turn golden brown. Using tongs, turn the dough over and cook the other side 30 seconds to a minute. Place on paper towels to drain excess oil.

While fry bread is hot, top with warm chili, cheese, lettuce, onions, avocados, and tomatoes.

Tucson Cheese Crisps

Ingredients:

4 medium flour tortillas
4 teaspoons melted butter
2 cups grated cheese, jack and cheddar
Chopped green chiles



Directions:

Preheat oven to 325° F. Brush tortillas with butter on each side. Place tortillas on a baking sheet on a wire rack. Bake for 20-25 minutes turning once.

Remove from oven and spread with cheese and chiles. Turn heat to 500° F. Return tortillas to oven for 5 minutes, or until cheese bubbles

Chili Verde with Pork

Ingredients:

2 pounds pork butt cut into bite-sized chunks
Kosher salt
2 tablespoons vegetable oil
1 large onion, finely chopped
1 tablespoon cumin
5 Poblano peppers
5 Hatch green chile peppers
13-15 medium-size tomatillos
2 jalapenos, stemmed and halved
1 tablespoon minced garlic
1 bunch cilantro
1 cup chicken stock



Directions:

In a large bowl, stir the pork with 2 tablespoons Kosher salt, mixing so that everything is well-coated. Let sit for 1 hour.

Place the Poblano and Hatch chiles on a baking sheet under the broiler of the oven. Blacken on one side, flip, and blacken on the other side. Put the charred peppers in a zip lock bag for 15 minutes. After the peppers have steamed, remove the skins, stems, and seeds from the peppers. Roughly chop the peppers and place them in a food processor.

Place the tomatillos and the jalapenos (seam-side down) on the baking sheet. Place them in the broiler and blacken the skins of the jalapenos and both sides of the tomatillos. Once they are blackened, transfer the tomatillos, jalapenos, and any juice from the baking sheet to the food processor with the chiles.

Add the garlic and the cilantro to the food processor. Pulse all ingredients together until the mixture is mostly smooth.

Preheat oven to 300° F. Heat a Dutch oven with oil over medium-high heat. Add ½ the marinated pork, browning well on all sides. Add the rest of the pork and chopped onions, cooking until the onions have softened. Add cumin and cook for 1 minute.

Add the chile mixture and chicken stock to the pot. Bring all ingredients to a boil. Once boiling, remove from heat and cover the pot with a lid that is left slightly ajar. Place the pot in the oven and cook the chili verde for 3-3 ½ hours, or until the pork meat is fork tender, and can be easily shredded. Serve with toppings such as cheese, sour cream, cilantro, onions, and tortillas.

Sopapillas

Ingredients:

4 cups flour
2 teaspoons baking powder
1 teaspoon salt
4 tablespoons shortening
1 ½ cups warm water
Oil for frying
Honey or powdered sugar



Directions:

In a large bowl, stir together flour, baking powder, salt and shortening. Stir in water; mix until dough is smooth. Cover and let stand for 20 minutes.

Roll out dough on a floured board until about ⅛" to ¼" thick. Cut into 3" squares. Heat oil in a deep fryer to 375° F. Fry until golden brown on both sides. Drain on paper towels. Serve hot, drizzled with honey or sprinkled with sugar.

Hopi Corn Stew

Ingredients:

- 3 pounds ground beef
- 2 large onions, diced
- 2 tablespoons chili powder
- 6 potatoes, diced
- 1 pound carrots, diced
- 3 cups white hominy
- 3 (8-ounce) cans whole peeled tomatoes with liquid, chopped
- 2 (4-ounce) cans chopped green chiles, with juice
- 3 cups beef broth
- ½ teaspoon salt
- ½ teaspoon black pepper



Directions:

In a large pot over medium heat, cook ground beef until evenly brown. Stir in onions and sauté until soft and translucent. Season with chili powder and cook for about 2 minutes.

Add potatoes, carrots, hominy, tomatoes and chiles. Pour in beef broth. Season to taste with salt and pepper. Reduce heat and simmer 2 hours, or until potatoes and carrots are tender. Serve with hot tortillas.